THE LATTER-DAY SAINTS' MILLENNIAL STAR

Established in 1840



The Mormon Battalion Monument

"It Is Symbolic of Latter-day Saint Manhood" (See article page 789)

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ABOUT THE FOOD OF FOODS

By Dr. C. W. SALEEBY

CHAIRMAN OF THE SUNLIGHT LEAGUE

MILK is the food of foods. It contains the two best of all the proteins known to chemistry—casein, which we all know in cheese, and whey (protein or lact-albanin) which forms the "skin" when milk is boiled, and remains liquid in the whey when milk is curdled.

It has the most digestible of all known fats; the lactose, the perfect sngar; all the six vitamins, A, B, B2, C, D and E, with their indispensable protective powers against the deficiency

For More Health

To THIS article on milk by an eminent British scientist and author, the *Millennial Star* gives its hearty endorsement. Britain's health standards will doubtless be raised through increased consumption of this vital food in lieu of harmful tea.

Dr. Saleeby is founder (1924) and chairman of the Sunlight League, a member of councils of Sociological society, Association National for Welfare of Infancy, Girl Guides' association, People's League of Health, New Health society and Society for Study of Inebriety, etc. He was chairmau (1920-21) of the executive committee of the World League Against Alcoholism, and has written well-known several books, among them The Master Key.

diseases and the attacks of microbes; and a complete supply of all the salts, of lime and potassinm, sodinm, magnesium, iron, iodine and many more, the importance of each of which is yearly being more fully demonstrated by research.

Milk contains nothing superfluous or injurious, and it combines all these constituents in perfect balance. No other food exists of which these things can be said, and the obvious reason for its preeminence is that it has been evolved by Nature for the making and maintenance, the development and defence, of all the mammals, of which mankind is the masterpiece.

No milk, no man. It was your first drink, whoever you are, and it will probably be your last.

That is not to say anything so foolish as that we should live upon milk, or even npon milk and its products, cream, butter and cheese, alone. Such a diet would be too liquid for the adult, would provide no work for his teeth—though it is ideal for their formation in the first place—and would be deficient in the "roughage" so necessary for the healthy activity of the food canal.

But it *is* to say that we should all include enough milk in our daily diet, thereby insuring, among many other

boons, that we make good whatever weaknesses and defects that diet may display, and these in truth are many and almost universal.

Nothing but sheer stupidity, against which, as has been said, "the gods themselves fight in vain," can account for the fact that a food upon which we all rely when we wish to build a man or a woman out of a baby, or when we want to keep a centenarian alive, or when a strong man is engaged in the biggest fight of his life, and for his life, against pneumonia or any other deadly foe, should be despised and ignored as an essential part of the daily diet of everyone.

Fortunately, the crneial experience of athletes is showing this folly for what it is, when they come to rely, as they do, npon milk when preparing for their most ardnons and dangerons feats, such as marathon racing, swimming the Channel and flying the Atlantic, to mention only these achievements.

So much for quality. As for quantity, experiment has proved that the absolute *minimum* in the daily diet of the adult is a pint. This is by no means the optimum.

In the United States, when I observed their admirable public health eampaign for milk during the years 1919-1922, about threequarters of a pint per head was the daily consumption, but now the figure is about a pint and a third. In some Enropean countries the figure is considerably higher.

We drink one-third of a pint. That rate should be trebled at the very least. A daily protective pint of milk for everyone is the minimum to be aimed at now. If we reached that figure tomorrow we should still be a decade behind the United States, where the consequent standard of physique among the adolescent population is a living lesson for all among us who can learn.

MILK gains in merit by being consumed in the varied and agreeable company of other foods, which interest the palate and excite the flow of the digestive jnices. Never should milk be gulped, whether neat or otherwise, but always sipped.

Milk is good in soup, as *cafe au lait*, with malt extracts, with frnit juice—equal parts of milk and good, sweet orange jniee, intimately mixed, make an orange cocktail, the best of all sneh— and in a hundred ways.

The combination of milk with cereals is very valuable. The prototype of all such is "porridge and milk," upon which many generations of Scotsmen have developed the physique and the energy known and admired wherever they have helped to build our Empire. More recent and genial cereal preparations are just as good, the cereal, whichever it be, supplying a great access of fuel, for warmth and energy, with extreme economy.

As a lifelong student of this subject, in many countries and under many conditions, my advice to the public now may be thus erystallized:

"Drink daily a protective pint of milk, the drink of drinks, the food of foods."—(From the Daily Telegraph supplement, November 25, 1935.)

FOR THE INDIVIDUAL

It is not strange to find that the restored Gospel is built for the individual. The Church becomes a means to a glorious end the education and training of the individual; not for this life only and not that he may at death enter upon a passive, saved existence, but that he may acquire knowledge which brings with it power, to be exercised in an eternity.—ELDER HARRISON R. MERRILL.

BUILDING IN BRITAIN TODAY

_By Elder M. Neff Smart ____

R ECLAMATION of the sun-parched lands which the Mormon Pioneers found in Salt Lake valley on their arrival there in 1847 required classic exertion of faith and solidarity of purpose. Through the exercise of these qualities the Pioneers transposed stretches of sagebrush into garden plots, barren hillsides into sylvan groves, and built a commonwealth which stands today as a monument to their faith, sacrifice and cooperation. More important, however, was the group morale—the spirit of brotherhood and allegiance to group principles which their united efforts helped to mould. These characteristics have persisted to this day.

The history of the Latter-day Saints, or of any people, reveals that the periods of struggle for a noble, common cause develop a remarkable group spirit. "Struggle and strength travel together."

The sacrifice and mutual effort required to complete the Kirtland Temple during the early years of the Church, when persecution was heaped upon poverty, forged the saints into a united and earnest group. They were amply rewarded for their toil. Within those temple walls ancient prophets and the Saviour Himself appeared in their glory, shortly after the Temple was dedicated.

Saints in many of the branches in the British mission are at present uniting their faith and efforts, are sacrificing for the good of the group and are planning together for a common cause. They are striving to accelerate the coming of the day when they may meet together in chapels of their own. In these branches the combined efforts toward a worthy goal are producing the corresponding blessings of a progressive and enthusiastic community spirit, in addition to providing building funds. The building funds of the various branches are not merely

The building funds of the various branches are not merely financial gestures to erect chapels, for their scope extends to other spheres. Their acquirement represents an ideal for attainment, a common problem to be solved by the group. New chapels will attract new friends. They will speed up the work of proselyting.

To stimulate the establishment of a building fund in every branch of the Mission, Dr. Ray M. Russell, Mission Y. M. M. I. A. superintendent, has sponsored several building fund contests in the past. All have brought gratifying results. The current M. I. A. Building Fund contest is now nearing a close. Dr. Russell has provided £17-10-0 for prizes to go to the branches accumulating the most money for their building funds during 1935. Ten pounds will be awarded the first place winner, £5 the second place winner and £2-10-0 the third place winner. All funds must be registered with the treasurer, Building Fund contest, at the Mission office before January 15.

With this contest, with the social benefits which will doubtless accrue and with visions of new places in which to meet, surely there is an incentive to "Build Zion today!"

LIVES THAT REFLECT

_By Elder Wendell J. Ashton____

NOT long ago an eminent scholar^{*} summarized an old philosophy in these expressive words: "History is clear about one truth: the final test of any institution or civilization is the quality of personality it produces. Any land or organization, let it create whatever else it may, if it fail to create character is committing suicide."

And so it is. The soundness of any way of life has always been measured by its human products. Men's lives epitomize

Mormon Manhood

THIS week's *Star* cover portrays the Mormon Battalion monument on the State Capitol grounds in Salt Lake City. It is symbolic of Latter-day Saint manhood.

During 1846-47 five hundred Mornion men trudged 2,000 trackless miles over desert wastes, through mountain passes and lands of southwestern America infested by savages, in the service of their country. It was history's longest march of infantry.

The same virile qualities that marked the Battalion characterize Latter-day Saint manhood today. This article tells of some Latter-day Saint leaders who have been called to the attention of the world in the past year. the teachings and tenets they embrace. As surely as the ore emerging from the mountain's veins appraises the prospector's mine so do the lives of men evalute the institutions from which they rise.

History teems with examples. Always in ages past students have looked to its characters—the roles they have played in life's great drama—as the final measuring rod of an institution.

Similarly during these days as leaders rise above the rank and file of the masses, open-eyed observers look respectively and respectfully to the institutions from whence they come. A venerable old gentleman, Judge S. Nelson Sawyer of Palmyra, New York, whose name is esteemed throughout America's most populous state, is one such observer. Judge Sawyer recently expressed his observations as he stood at the base of Hill Cumorah in western New York. The whitehaired former Justice of the Supreme Court of New York said: "From a proscribed people, its people are among those honoured throughout the land, honoured not only because they have served their God, but their land. From these people have come the best of our leaders."

The august spokesman was speaking at the dedicatory services of Hill Cumorah monument. He was referring to the Latter-day Saints.

There was much upon which Judge Sawyer had to base his assertion. Daily newspaper and magazine articles of only the past year are tongues that testify of the leadership of Latterday Saints. Although Mormons contribute but one-half of one per cent of America's population and of the world's population

*Dr. H. E. Fosdick.

of 2,500,000,000 but a mere 750,000, they are contributing leaders in all worthy fields.

A retrospective glance across the journal fronts for the past few months reveals the place Latter-day Saints occupy in the affairs of the world.

Viscount Castlerosse is one of Britain's foremost columnists. He writes on the editorial pages of the *Daily Express*. A year ago (December 5, 1934) his "London Letter" began :

"I wonder how many of you fellows can remember a man called



ELDER SMOOT

Marriner Stoddard Eccles, who 25 years ago was a Mormon missionary in Scotland. Now if you can't tell me anything about his early life I can tell you something about the subsequent career of Marriner Stoddard Eccles. He is aged 44. He is a multi-millionaire and is Governor of the Federal Reserve Board, or in other words, he is the boss of all the banks in the United States, probably the most important man in the financial world."

Marriner S. Eccles of Ogden, Utah had just been named to the important position by President Franklin D. Roosevelt.

Better known, perhaps, in Washington D.C. circles is Elder Reed Smoot of the Council of Twelve Apostles, former senior senator of the United States Congress. Senator Smoot's name is known for honesty and in-

tegrity everywhere. His chairmanship of the senate finance committee for several years certifies the trnst and esteem placed in him. He served in the Senate from 1903 to 1932. Last April newspapers carried a typical story about Elder Smoot. It reported that he was one of the "distinguished Americans" participating as an elector in the eighth quinquennial election of the world-famous Hall of Fame at New York university.

Of Elder Smoot, Viscount Castlerosse has written (February 14, 1926):

"He is a Mormon. When I met him in London I was greatly impressed with the calmness of his judgment—the weighty reasoning and nicely adjusted processes of thought he applied to post-war Europe, both in the political and economic sphere."

No one has a more respected name in America's national capital than President J. Reuben Clark, former ambassador to Mexico and the United States delegate to the Pan-American Peace conference at Montevideo, Uruguay. President Clark now holds the important position of president of the Foreign Bondholders' Protective council, with headquarters in New York City. Only this autumn he was hononred with an appointment to the board of visitors of Columbia university's School of Law. He is one of the 22 eminent lawyers and judges serving in an advisory capacity to the faculty and student body.

Elders Elbert D. Thomas and William H. King are outstanding

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among America's 96 senators. Elder King, who has been a United States Senator since 1917, served as a missionary in Great Britain from 1880 to 1883. Senator Thomas, who was president of the Japanese mission (1907-12), was recently named on the committee mobilizing peace organizations and other forces for peace in the United States. Chosen at a meeting of authorities on international affairs, the committee includes such distinguished personalities as Dr. Nicholas Murray Butler, president of Columbia university, and Henry L. Stimson, former United States Secretary of State.



PRESIDENT CLARK

Less than a month ago the Associated Press reported the election of Elder Orval W. Adams of Salt Lake City to the position of second vicepresident of the American Bankers' association at a convention of 3,000 delegates in New Orleans. The second vice-president becomes president of this great organization in two years time. Elder Adams laboured as a missionary in Great Britain during 1913-14 and is now Church anditor.

Early last spring news organs reported a banquet in Waldorf Astoria hotel in New York given in hononr of Lord Baden-Powell of Gilwell, chief Boy Scout of the world. Plaudits second only to those accorded the noted Englishman followed the remarks of Elder George Albert Smith of the Council of Twelve Apostles. He is a member of the executive board

of the national council, Boy Scouts of America.

The Press also carried an article on the appointment this summer of Elder Oscar A. Kirkham, general Y. M. M. I. A. secretary, as chief morale officer of the silver jubilee of the Boy Sconts of America by Dr. James E. West, chief Scont executive of the United States. Elder Kirkham previously served as morale officer in three international Scont jamborees. Dr. Frank L. West of the general Y. M. M. I. A. superintendency was recently chosen on the national personnel committee of Boy Scouts of America.

Each year the American Society for the Advancement of Science conducts a contest for scientific papers, offering an award of $\pounds 200$ to the winner. From 1,200 scientific and technical papers submitted this year, the winning entry was selected. It came from the pen of a Latter-day Saint—Dr. Vern O. Knudsen of Hollywood stake high council. He is chairman of the physics department and dean of graduate study of University of California at Los Angeles, one of the largest universities in the world. He is also president of the Aconstical Society of America. He is a former student of Brigham Young university and served as secretary of Northern States mission from 1915 to 1918.

About six months ago Science News Letter magazine listed the (Continued on page 794)

THE LATTER-DAY SAINTS' MILLENNIAL STAR

THURSDAY, DECEMBER 12, 1935

EDITORIAL

AN ACCEPTABLE CHRISTIAN FAITH

IN a recent issue of the *Federal Council Bulletin*, among other things, the editor wrote: "There was a time—and not long ago—when there was a great body of Christian conviction and passion, but too meagre recognition of the social tasks to which social resources should be harnessed. Today the situation is reversed. We see clearly great causes of human welfare to be served but lack the religious faith and energy which are essential to high achievement.

"There was a time—and not long ago—when it was generally assumed that Christianity is necessary for the highest morality and character. Faith in God was regarded as the foundation of the good life. Today the situation is radically different. A point of view prevails (commonly described as secularism) which denies the very thing that was formerly taken for granted. It is now widely held, most obviously in Russia but also in our own country as well, that the best social living has no connection with religious belief.

"In this new situation, the whole strategy of the Christian church is altered. The point of primary emphasis has shifted. Once it was of crucial importance to arouse Christians to action. That need still remains, but the thing of most crucial importance today is to rebuild the foundations of Christian faith."

To this end there "is to be a united effort to bring about a revival of religion—in the deepest sense of the term. It is to be directed to restoring faith in God, as revealed in Jesus Christ, to its true place of primacy. It proceeds upon the belief that until there is a fresh grasp of the Christian understanding of life and rebirth of basic Christian conviction, we cannot hope for any great triumph of any Christian cause."

Anyone acquainted with the situation would readily grant that the editor of the *Bulletin* obviously knows what he writes about. We fully agree with his conclusion that the thing of utmost importance today "is to *rebuild the foundations of Christian faith.*" But how can this be done? We fear that the united efforts of which he writes may not succeed. And yet we can all agree that unless there is "a rebirth of basic Christian conviction" there is not likely to be "any great triumph of any Christian cause."

We think the editor has well stated the situation in America. (The *Bulletin* is the organ of the Federal Council of the Churches of Christ in America.) Are not the conditions in Britain relative to religious faith at least analogous to those in America?

Is it not pertinent to ask what has brought about the changes described in the first two paragraphs quoted above? We think one very important factor (perhaps the major one) is chargeable to the professional Christian ministry in America. We do not know about Britain. Are not deep conviction, genuine sincerity, and real enthusiasm absolutely necessary on the part of those, particularly in these days, who would successfully lead any worthy cause? It was recently said by a very well informed lecturer that Herr Hitler has an abundance of these three qualities. How can one develop faith who has no faith? Assumed enthusiasm will not long pass for the genuine article with an intelligent clientele.

Some years ago it was discovered by a United States Senator that not one of the 700 representative preachers to whom he wrote was free of doubts as to the divinity of Jesus Christ and the reality of His resurrection. They were wholly lacking in the certain knowledge and abundant enthusiasm possessed by the Apostle Paul. Doubters all! Is it surprising that their congregation grew cold and slipped away?

Yes, it is certain that the thing of most crucial importance in the religious world today is to rebuild the foundations of Christian faith—a faith of the kind that Peter, James, John and Paul had, which is the kind that every sincere Latter-day Saint possesses. This is the only kind of Christian faith that will be acceptable to our Saviour, Jesus Christ. And fortunately the Lord in His mercy through the inspiration and revelations of the Holy Ghost has provided a means by which we may know that He lives and have the same assurance that Peter, Paul and others had. It is this active, living faith that all must have who acquire a "basic Christian conviction." Certainly nothing less will enable Christ's ministers to succeed.—JOSEPH F. MERRILL.

DISTRICT CONFERENCE NOTICES

THE autumn series of district conferences will be completed with the holding of London district conference in Kensington Town hall, High street, London W. 8, Sunday, December 15. Presidents Joseph F. Merrill and Joseph J. Cannon will be the principal speakers and sessions will begin at 10 a.m., 2:30 p.m. and 6:30 p.m. A social and concert will be held the preceding evening in Battersea Town hall, Lavender hill, London.

TRUTH is the beginning of every good thing, both in heaven and on earth; and he who would be blessed and happy should be from the first a partaker of truth, that he may live a true man as long as possible, for then he can be trusted; but he is not to be trusted who loves voluntary falsehood, and he who loves involuntary falsehood is a fool.—PLATO,

HOW I MAY BE HEALTHY

By James Wright_

COMPLETE HAPPINESS is impossible nuless vou are healthy.

Our scientists report that by only eating pure, substantial foods will our bodies improve in health. My chief point is to abstain from all alcohol, which is, in my mind, a drug to our bodies. Smoking has a great effect on our hearts, and unless your heart is in normal condition you cannot possibly be healthy. To keep your body free from deadly germs and disease, good

Contest Winner

FROM a sheaf of nearly six hundred entries, this contribution of tenvear-old James Wright of the Lea Street School, Kidderminster was selected first place in the recent essay contest on "How I May Be Healthy" conducted by the Health Ex-Mission hibition at Kidderminster.

Competition was open to all school children under the age of 15 years. Master Wright is not a Latter-day Saint.

food, fresh air and plenty of exer-Early rising is cise are necessary. essential to every one of us, if we are to keep fit. You will always find the people who live longest, the men whose work is hardest, are those who keep a golden rule of health :

Early to bed, early to rise Make a man healthy, wealthy and wise.

Here is my suggestion for a road to health : Rise in the morning at 7 a.m.; wash in cold water and breakfast by 8:30 a.m.; dinner, 1 p.m.; school again until 4:30 p.m. and the rest of the night to yourself.

What should you do now? Of. course, remember you are going to be healthy. You want to keep healthy. Well then, join a club, Boys' Brigade, Boy Scouts, Girls' Brigade, Girl Guides and all the other organizations which are so much to our advantage

and benefit.

So I close my essay, having tried to put forward a few rules of health. I am not old enough to drink or smoke, but I am young enough to learn not to. But one thing I do believe, and that is my programme of health. If every boy and girl carried that out, then we should be a healthy and happy nation.

LIVES THAT REFLECT

(Concluded from page 791)

names of 1935 candidates elected to the National Academy of Science, premier American scientific society. Among them was the name of Dr. Harvey Fletcher, a member of the newly formed New York stake high council. He is research physicist of Bell Telephone laboratories, New York City. Winner of the Louis Edward Levy medal for physical measurements of andition in 1924. he is inventor of the audimeter.

During the past year three Latter-day Saint leaders received the high honour of membership in the Philosophical Society of

Great Britain, or Victoria Institute, with headquarters in London. They are Elder Joseph Fielding Smith of the Council of Twelve Apostles, Elder Joseph F. Merrill of the Council of Twelve Apostles and president of the Enropean mission, and Dr. Frankliu S. Harris, president of Brigham Young university. Dr. Harris was chosen oue of the seven official delegates of the United States to the Seventh American Scientific congress in Mexico City by Secretary of State Cordell Hull, in September. Dr. Harris was the only American representative from the region west of the Mississippi river at that noteworthy convention.

This antumn religious classes were introduced as an innovation at University of Southern California. Four veligious groups were invited to conduct courses. The Church of Jesus Christ of Latter-day Saints was asked to represent one group, and Elder John A. Widtsoe of the Council of Twelve Apostles was appointed instructor.

IN the realm of physical prowess again Latter-day Saints have been among the pace-makers during the past year. One of Britain's largest newspapers, the Sunday Dispatch (September 29) quoted August Dusenberg, famous designer of motorcars: "Sir Malcolm Campbell's new 301-miles-an-hour record can be broken on Bonneville salt beds. . . What can America do about it? Build a car capable of breaking Sir Malcolm's record—and turn it over to Ab Jeukius to drive." Continuing, the article added, "Coming from one of the greatest speed car makers, this is perhaps the greatest tribute ever paid to the Salt Lake driver, the 'Morunou Marvel,' as he is known, who holds the world's record for 24-hours solo run." In speaking recently in Le Grand ward in Salt Lake City, Ab Jenkins reiterated what he had often said before—that his success is attributed to observance of the Latter-day Saint Word of Wisdom.

Perhaps no other team sport can claim the international scope of rugby. Noted for producing some of the world's greatest teams is New Zealand. In the course of 68 engagements with English teams through past years, teams from the land of the fern have suffered but two defeats. One of the mainstays on the New Zealand team now playing in Britain is Tory Reid, a Maori. British newspapers have written columns about him. Office missionaries recently met him at a London hotel. He was wearing an M. I. A. pin on the lapel of his tweed coat. He did not care to talk about himself, but pointed out that George Nepia of the 1925-6 undefeated team (thirty matches), hailed as the world's greatest fullback, is also an active Church worker, and that Louis Paewai, a star on the same team, is now a branch president in New Zealand. Reid is captain of the Mormon college team in New Zealand. London newspapers of late have published lavish accounts on Nepia's ability, since he is coming to England to play as a professional.

In Ireland, George Horlacher, Irish district Y. M. M. I. A. supervisor, has won eight international football caps and was captain of the team which last year won the Free State Shield. Last week, as a member of Ireland's team, he played against Holland's international eleven at Dublin.

These are but a few examples of Latter-day Saint leaders whose names have been called to the attention of the world in only the past year. These men are leaders in worthy fields and they have come from a people representing comparatively an iota of the world's population. There are scores of others who are respected as ontstanding citizens in their communities.

The lives of genuine Latter-day Saints reflect upon the teachings of the Gospel they embrace, a gospel which has been a directing force in their lives. It is a religion which enjoins an active—not passive—righteousness, which stresses the sanctity of the home, and which continually connsels, through its Priesthood and auxiliaries, industry, honesty and a supreme faith in God. It is a gospel that gives importance to the individual, teaching that he is a god in embryo, that man will continue to progress through the eternity of life as fast as he gains knowledge and that the glory of God is intelligence. Its plan of salvation teaches:

Whatever principle of intelligence we attain unto in this life, it will remain with us in the resurrection.

And if a person gains more knowledge and intelligence in this life through his diligence and obedience than another, he will have so much the advantage in the world to come. (Doctrine and Covenants 131:18-19.)

The lives of noble men coming from the membership of the restored Church are mute sermons of its glorions and practical philosophy of life. Their accomplishments are the fruits of Mormonism.

OF CURRENT INTEREST

Mourning-The Court will continue in mourning until January 4, for Princess Victoria, the King's sister, who died December 3. King Haakon of Norway, a brother-in-law, and King Christian of Denmark, cousin of Princess Victoria, were among the mourners at the funeral Saturday at St. George's chapel, Windsor. Services were also held at Iver, Buckinghamshire, where the Princess passed away and where she was resident for some time prior to her death. Born July 6, 1868, in Marlborough House, she was the second daughter and fourth child of King Edward VII and Queen Alexandra. She was fond of music, reading and gardening. Because of her retiring nature, she was called "Her Royal Shyness." The customary formal opening of Parliament (December 3) was waived because of the death. The King's speech was read by the Lord Chancellor.

Foods—Professor J. C. Drummond of University college writes concerning diet (*Daily Telegraph* Supplement, November 25): "An error frequent among all classes of people is to imagine that because a dish is attractive to the eyes and

nose it is pretty sure to be valuable for the stomach. It is in this connection that such great importance must be attached to what have rather aptly been called the protective foods. The most common deficiencies are in respect to certain of the vitamins and important minerals, particularly lime and iron. The protective foods are milk, green vegetables and fresh fruits. So far as is known, almost every type of dietary deficiency can be made good by these foods, but milk is of particular interest not only because it supplies these important vitamins and minerals, but because it is in itself a natural foodstuff providing proteins of high value for growth and readily assimilable sources or energy. . In some countries there is a much higher consumption of milk per head of population than in Eng-Those who know land. both sides of the Atlantic will admit that the greater consumption of protective foods, particularly milk, by the young children of the United States and Canada is to a large extent responsible for their relatively higher degree of physical development and markedly better teeth."

NEWS OF THE CHURCH IN THE WORLD

Entitled "The Truth About the Mormons," an article signed by Elder Brigham S. Young appeared in the Birmingham *Evening Dispatch* (December 2). The article, illustrated with a large picture of the Salt Lake Temple, briefly told the history of the restored Church and carried a clear, succinct explanation of Mormon teachings. Occupying nearly an entire page in a newspaper with a circulation of 171,000, the article represents the transition in attitude toward Latter-day Saints in the British Press.

Surpassing all records for the past five years, 162,000 tourists visited Temple Square in Salt Lake City during the first ten months of 1935. From all parts of the world, an average of 532 persons have visited the ground each day, reeeiving the story of Mormonism from the 55 guides who explain the Temple, Tabernacle, the oldest house in Utah (which is preserved on the grounds) and various Mormon Pioneer relics in the Bureau of Information building. The Bureau of Information was opened in 1902, with Elder Benjamin Goddard in charge. Elder Joseph S. Peery is its present manager.

Utah will be honoured with special events at the 1936 California Pacific International exposition, it is announced by Elwood T. Bailey, exposition vice-president. The first special day celebration at the exposition will be "Utah Pioneer Day," July 24, commenorating the entrance of the Mormon Pioneers into Salt Lake valley on that day in 1847. The second special day, "Latter-day Saints' Day," will be observed August 20.

Labouring in the mission field much of their lives, Elder and Sister Reinbold Stoof have recently returned to their Salt Lake City home. Elder Stoof joined the Church in Germany in 1907, filled a mission there from 1920 to 1922 and served in the South American mission from 1929 to 1935. He was president of the latter mission, with headquarters in Buenos Aires.

Fourth programme of the Church of Jesus Christ of Latter-day Saints was presented over the "Church of the Air" broadcast of Columbia's network of more than sixty wireless stations in the United States and Canada Sunday, November 10. The half-hour programme, which included sacred music and an address on Mormon doctrine by President Joseph J. Daynes of Western States mission, was broadcast from Denver, Colorado. Previous Latter-day Saint broadcasts over Columbia were given from Washington D.C., Chicago and Salt Lake City (Star June 6 and July 18).

Baptisms in Southern States mission during the first eight months of the current year have numbered 577, representing 468 converts, President Le Grand Richards reports. There are 130 missionaries and 16,000 members in the Mission at present. Cottage meetings are proving an effective proselyting instrument in that mission. An average of 230 of these meetings have been held there monthly during the past five months.

Speaker at autumn general conference of the Church in the Salt Lake Tabernacle, Elder James H. Douglas, former president of British mission, paid tribute to British saints. He recalled how it had been 98 years since the Mission was opened and told of the Church leaders who have come from Britain's shores. "Many from that land have embraced the Gospel," he said. "England, small in area in comparison with other nations, is a mighty nation."

Publication of the Book of Mormon in Braile, in order that the thousands of blind people in the world might read its truths, will begin soon, according to a recent announcement by President Heber J. Grant. Elder George Albert Smith of the Conncil of Twelve Apostles, president of the Society for the Aid of Sightless, has been working out details, and work on the book is expected to begin soon.

NOTTINGHAM DISTRICT CONFERENCE

NOTTINGHAM district's annual autumn conference was held in Queen's hall, Leicester Sunday, December 1, with 231 people, sixty of them non-members, attending the evening services. Speakers at this session, conducted by District President Samuel Pears, were President Joseph J. Cannon and Dr. James Lloyd Woodruff and his daughter, Constance Woodruff, of Los Angeles, California.

President Cannon spoke on the immortality of the soul, presenting evidence from the Old and New Testaments. He illustrated how God, in revealing Himself to Joseph Smith, gave new evidence of immortality. President Cannon also showed the reasonable nature of the restoration of the Gospel of Christ.

Brother Joseph Orton, first counsellor in the district presidency, conducted the afternoon meeting, speakers at which were President Cannon, Elders Abraham Noble

and Gilbert R. Langton and Sisters Annie E. Noble and Elizabeth Cornwall, Mission Primary supervisor. Participants on the M. I. A. pro-gramme were Elder Bertram T. Willis, Sister Eva Williams (Bee-Hive), Sister Nellie Booth (Gleaner), Brother George E. Gent (Y.M.M.I.A. Adult) and Sister Ada Hill (Y. W. M. I. A. Adult).

President Pears, Supervising Elder Ahna H. Boyce and Elders William A. Berry, Dudley M. Lea-vitt, Keith M. McMurrin and Eugene T. Pingree spoke in the morning meeting, conducted by Brother John Thomas Wright, second counsellor in the district presidency. This session followed a testimony meeting.

Musical numbers during the conference were provided by the Mission M Men and Harmony Four quartettes.

A social and concert was held in Leicester branch hall the preceding Saturday evening.

FROM THE MISSION FIELD

Releases-Elder Henry R. Pearson was honourably released December 3, having laboured in Ports-Welsh district mouth district, (where he was district president and supervising elder) and in the office. He will British mission study in Paris for three months prior to returning to his Brigham City, Utah home.

Having laboured in Birmingham, Portsmouth and Leeds districts, Elder Albert G. Hunt was honour-ably released November 26 to return to his Ogden, Utah home.

Arrivals-Arriving in London Tuesday, November 26, new elders were assigned to the following districts: Elder Carl B. Bradshaw (Wellsville, Utah), Scottish; Elder Vernon A. Cooley (Logan, Utah), Sheffield; Elder Willard L. Fullmer (Salt Lake City, Utah), Sheffield; Elder John F. Kimball (Phoenix, Arizona), Liverpool; Elder Laurel T. Pngmire (St. Charles, Idaho),

Sheffield; Elder Albert Z. Richards (Salt Lake City, Utah), Scottish, and Elder Ferrell K. Walker (Delta, Utah), Bristol.

Transfers — Elder Richard G. Smith was transferred from Scottish to Nottingham district November 29.

Doings in the Districts: Birmingham-A playlet, "Lehi's Journey," was an interesting feature of Nuneaton branch conference conducted in Nuneaton Masonic hall Sunday, November 24, under the direction of Branch President William T. Nightingale. President Norman Dunn and Brothers George E. Hunter and St. John Yates of the district presidency spoke, the Singing mothers sang and Sister Lucy Nightingale rendered a vocal solo. Fifty persons were in attendance.

London-St. Albans Branch M Men were guests of the Gleaner Girls at a buffet dinner party Wednesday, November 20. Each of the M Men gave a toast on M.I.A., and following the repast community singing to the accordion accompaniment of Brother Ernest Osborn and Sister Winnie Osborn was enjoyed.

Described by the Press as "England's Shirley Temple," Miss Rita

Burton presented several novelty skits at a North London branch programme and dance in Argyle Friday, hall November 29.Several musical numbers were also furnished by British mission office el-ders' octette. A p proximately seventy persons danced to the strains of Southwest London branch M Men band. The social was plan-ned by Y.M.M. I.A. President Edward Downs, Y. W. M. I. A. President Mary Poole and Sisters Madeline E. R. Hill and Winnie Moore Brother and Will-Arthur mott \mathbf{of} the branch conimunity activity committee.

e Press as "Engmple," Miss Rita Bourne, Y. W.

Opening New Doors

THROUGHOUT the British mission each day new doors are opening to the Gospel message.

In Skelton, Branch President Thomas Rudd delivered an address, "Facing Facts In Religion," before the Christian Endeavour Union in the local Methodist chapel Monday, November 25. A day later President Rudd, with Elders C. M. Aldrich and A. T. Christensen, spoke before Brotton Toc H unit on "Principles of the Gospel."

The Latter-day Saint Harmony Four (Elders Eugene T. Pingree, Joseph H. Stout, Douglas L. Anderson and Stauley H. Heal, accompanied by Sister Muriel Hunter) furnished hymnsat Birmingham Road Methodist church concert in Kidderminster Wednesday, November 20, and the following day Elders Fielding S. Barlow and Brigham S. Young addressed Churchill Toc H unit, distributing thirty pamphlets and a copy of the Book of Mormon.

In London, Elder Ormond S. Coulam was recently entertained by Mr. John Drinkwater, renowned poet and dramatist.

Liverpool — Wigan branch has formed a social club under the leadership of Brother James Morris, and each Tuesday evening dancing lessons are given by Brother Frank Brindle. A social and dance was held in the branch rooms Wednesday, November 27, with Brother Brindle acting as master of ceremonies. Under the direction of Sister Lavina Webster, the Relief Society catered for refreshments. Sister Elsie Rickard contributed a Lancashire story, Mr. Alfred Wal-

President John Moore of Burnley branch.

Scottish — Introduced to the teachings of Mormonism through copies of the *Millennial Star* left at their homes by elders, three persons were baptized at ceremonies at Whitevale baths, Glasgow Wednesday, November 27. They were James McCorriston Greer, Jessie Ann Allan Greer and Margaret Newell, baptized by Elder Alexander McLachlan and confirmed by Elders Reed W. Ellsworth, Rich-

ton a song, and dance music was furnished by Mr. Joseph Snape and his orchestra.

Liverpool branch M.I.A. sponsored a dance at Brayton hall, Edge Lane, Saturday, November 16. It was planned by Branch President Edward George Patey, Y.M.M.I.A. President Thomas J. Bourne, Y. W. M. I. A. President

Alice May and District Y. W. M. I. A. supervisor Iris G. Hogg.

Three persons entered membership in the Church at baptismal ceremonies conducted by Supervising Elder Ray L. Richards in Burnley branch chapel November 17. John Woof of Preston branch was baptized and confirmed byElder Dale L. Barton; Catherine Hartley of Preston branch was baptized and confirmed by her father, Brother Clifford Hartley, Marjorie and El Myra Shepherd of Nelson branch was baptized by Elder Barton and confirmed by

ard G. Smith and Dean W. Francis, respectively.

Brother James Hunter Gennuel of Glasgow branch was ordained to the office of a deacon Sunday, December 1, by Elder Reed W. Ellsworth.

Manchester — Brother T. H. Boothroyd was in charge of a special M.I.A. Sunday evening programme in Hyde branch hall December 1. Speakers included Elder Franklin W. Gunnell, Brother Briton Beverley and Dennis Grimshaw. Mr. John Higginbottom and Miss Jean Richardson spoke, and M Men rendered a hymn.

Newcastle-William Henry Hutchinson was baptized a member of the Church by President Thomas Rudd of Skelton branch in the North sea at Saltburn Wednesday, December 4. He was confirmed by Elder C. M. Aldrich at a cottage meeting which followed in the Rudd home.

Fifty-two persons attended a Primary concert in Sunderland branch hall Wednesday, November 20. Children contributed dances, singing, recitations and a play, "God Is Love," written by Sisters Gladys Quayle and Ellen Oates. Sister Oates presented a comic song. The affair was planned by Sister Quayle, Primary Mother, assisted by Sisters Ida and Nora France.

Irish—More than 75 persons were present at a concert and programme produced in Belfast branch hall by the Sunday School Friday, November 15. Entertainment consisted of plays, sketches, dancing, singing and elocution. Superintendent William Belshaw was in charge. Belfast Sunday School will open a library in January and will be grateful for donations of books, addressed to Superintendent William Belshaw, 122 Upper North street, Belfast.

Welsh—"Faith" was theme of Pontllaufraith branch conference at the home of Branch President William Griffiths Sunday, November 17. President Richard C. Thomas and Brother William A. Perry of the district presidency and Supervising Elder Joshua Rallison spoke and Sister Nora Dance sang a solo, President Griffiths conducting.

ACHIEVEMENT

ARE you waiting for the ships that never come in? Why wait any longer? Try bringing them in.

The skies may be cloudy, the seas may be rough, The cold weather stinging, wild waves a rebuff ;

But the thrill of adventure will aid in the strife And keep up your strength in the battle for life.

Smooth seas for a landing may come to amend, And the power of achievement be yours in the end. —JOSEPHINE GARDNER MOENCH.

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